

PRIMARY CARE

A SELECTION OF HEALTH PROFESSIONAL ROLES



Are you interested in a career in health?

This snapshot details some of the staff working within the Primary Care Division of Swan Hill District Health.

Read on to discover what they do and why they enjoy it!

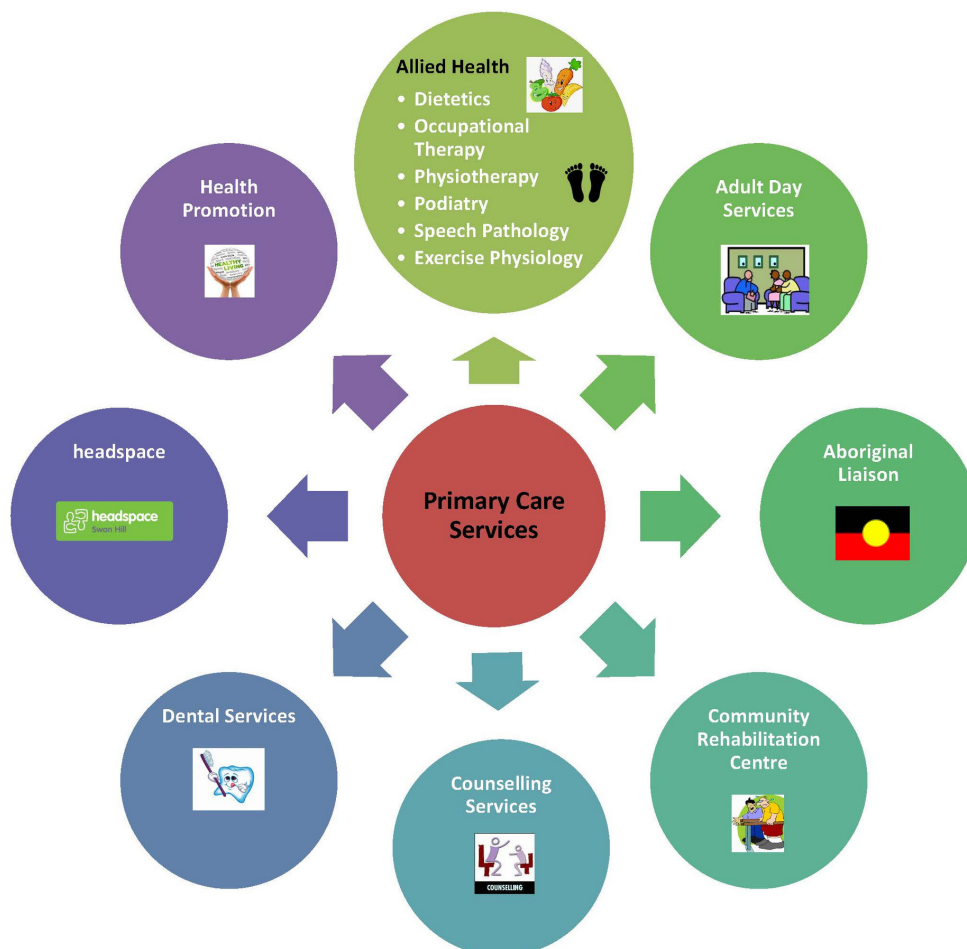


**Swan Hill
District Health**
my hospital

WHAT IS PRIMARY CARE?

Primary care services include the first (primary) layer of services encountered in health care and requires teams of health professionals working together to provide comprehensive, continuous and person-centred care.

At Swan Hill District Health the following chart demonstrates the range of services within the Primary Care Division, led by Executive Officer, Paul Smith



Paul Smith

LINDSAY ROSE

SENIOR MENTAL HEALTH SOCIAL WORKER



Age: 33

Job: Senior Mental Health Social Worker

Course: Bachelor of Social Work

What is your role?

Lindsay's job includes one on one counselling sessions, supervising the clinical area and supporting the management of headspace Swan Hill.

A little bit about Lindsay

Lindsay started off studying marketing not being too sure what he wanted to do, he realized his passion for helping people and fell into the field of work he is currently in. What Lindsay loves most about his job is that every day is different.

LEAH MCDONALD

SPEECH PATHOLOGIST

Age: 24

Job: Speech Pathologist

Course: Bachelor of Speech Pathology

What is your role?

Leah's role focuses on six different areas including speech, language, voice, fluency, swallowing and multimodal communication. Through these areas

Leah does things such as helping children that are late talkers and working with patients that have recently had a stroke and may have a language/speech/swallowing problem.

A little bit about Leah

Leah grew up in Swan Hill then spent 4 years at Australian Catholic University studying Bachelor of Speech Pathology. Leah choose to be a speech pathologist because of the variety of clients she can see.



ALEXANDRA STENHOUSE

PHYSIOTHERAPIST

Age: 24

Job: Physiotherapist

Course: Bachelor of Health Science &
Masters of Physiotherapy

What is your role?

Alexandra's role is focused on three different areas, musculoskeletal, cardio-respiratory and neurology. These relate to injuries to muscles, bones and joints, lungs and circulatory system and rehabilitation of patients recovering from neurological conditions.

A little bit about Alexandra

Alexandra grew up in Yarrawonga then later moved to Swan Hill for her current job. Alexandra's swim coach inspired her in her career choice as he was a physio and had interesting techniques that he had learnt through his training.



CAITLIN RABEL

DIETITIAN

Age: 24

Course: Bachelor of Nutrition & Dietetics

What is your role?

Caitlin's role involves working with patients to optimise their nutrient intake for the best health outcomes. Caitlin works in the acute ward and in out patient clinic.

A little bit about Caitlin

Caitlin grew up in Melbourne and moved to Swan Hill for the position. She loves food and science and enjoys cooking and trying new places to eat with friends. Caitlin enjoys her job as it is different every day and is about helping people with different problems.



ELIZA STEPHENS

PODIATRIST



Age: 22

Course: Bachelor of Health Science & Masters in Podiatry Practices

What is your role?

Eliza's role is in high risk foot management for patients. Eliza works in outpatient clinic, the acute ward and in aged care facilities.

A little bit about Eliza

Eliza wanted to do something in the health field and wound management was her area of interest. She enjoys improving people's foot health and quality of life.

SARAH NEWTON

EXERCISE PHYSIOLOGIST

Age: 28

Course: Bachelor of Exercise & Sport Science & Masters of Clinical & Exercise Physiology

What is your role?

Sarah's role is to work with clients through exercise and lifestyle changes to help prevent and manage health conditions, illness, disease and injuries.

A little bit about Sarah

Sarah grew up in Horsham and moved to Melbourne for University then to Swan Hill for her current job. Sarah aims to help people be happy and healthy through exercise. Sarah enjoys gardening, travelling, photography and exercising!



ELISE KELLY

HEALTH PROMOTION OFFICER

Age: 25

Course: Bachelor of Health Science

What is your role?

Elise works in the Health Promotion Department and is responsible for the activities targeting families of young children. She works with kindergartens and childcare centres in promoting healthy lifestyles, supports breastfeeding initiatives and also manages social marketing.

A little bit about Elise

Elise found studying health really interesting and loves working with people and helping them. She grew up in Melbourne and moved to Swan Hill for the job. Elise enjoys the variety of activities that you get to be involved in and seeing the benefits of them.



EMILY FAY

COUNSELLOR



Age: 29

Course: Bachelor of Health Social Work

What is your role?

Emily's role as a counsellor is to provide counselling services to adults and sometimes to children and adolescents. Emily provides therapy for mental health issues such as depression, anxiety, grief, loss and relationships.

A little bit about Emily

Emily chose this field of work as she has always loved to help people. When studying VCE Emily visited a careers expo and learnt about what a counsellor looks after which made up her mind about what she wanted to be. Emily's favourite thing about her job is the diversity of client issues as it keeps it interesting for her.

LAURA ZANKER

OCCUPATIONAL THERAPIST

Age: 22

Course: Bachelor of Occupational
Therapy

What is your role?

Laura's role works with patients to try and help them be as independent as possible. This may include working with children on fine and gross motor skills, and with adults making sure people are safe to go home, including recommending aids and equipment to assist.

A little bit about Laura

Laura grew up in Manangatang and moved to Swan Hill for the job., she enjoys helping people and the variety of work her job provides. Laura likes playing netball and spending time with friends.



SONYA PLANT

COMMUNITY HEALTH NURSE



Course: Bachelor of Nursing
Certificate in Midwifery

What is your role?

Sonya has a diverse role working as a Refugee Health Nurse and a Breastfeeding Support Midwife as well as being part of the Better Outcomes for Chronic Health team providing Health Coaching.

A little bit about Sonya

Sonya enjoys helping people and supporting clients to make changes to improve their health.

NEED TO KNOW MORE?

Check out these websites:

Dietetics

www.daa.asn.au

Exercise Physiology

www.essa.org.au

Podiatry

www.podiatry.org.au

Physiotherapy

www.physiotherapy.asn.au

Social Work

www.aasw.asn.au

Speech Pathology

www.speechpathologyaustralia.org.au

Occupational Therapy

www.otaus.com.au

Health Promotion

www.healthpromotion.org.au

Community Nursing

www.acn.edu.au

www.apna.asn.au

Course pre requisites or preferred subjects:

Dietetics

chemistry, biology (recommended),
english

Exercise Physiology

PE, health & human development,
general maths, biology

Podiatry

biology, english, health

Physiotherapy

biology, health, PE, maths

Social Work

english

Speech Pathology

biology, english, health

Occupational Therapy

english, one science

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